

**Post-EVA Crew Rest**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY / ODF or r/g</b>
03:00–03:10		Morning inspection
03:10–03:40		Post-sleep
03:40–04:30		BREAKFAST
06:10–06:30	FE-1	Pulmonary Function in Flight (PuFF): GASMAP HRF setup and powerup
06:30–07:00		EMU fan battery charge: setup
06:30–07:30	CDR, FE-2	ORLAN water tank refill / <i>ORLAN Ops, item 2.4.14, page 2-19</i>
07:00–07:10	FE-1	EMU fan battery charge (init)
07:30–07:50		Pulmonary Function in Flight (PuFF): initial calibration
07:30–08:30	CDR	Physical exercise (TVIS-1)
07:50–08:30	FE-1	Pulmonary Function in Flight (PuFF): standard test
08:30–08:40		ORLAN dryout / <i>ORLAN Ops, item 3.3, page 3-3</i>
08:40–08:50	CDR, FE-1	Removal of BK-3 O2 tanks and BPTA battery / <i>ORLAN Ops, item 2.4.9, page 2-17</i>
08:50–09:50		LUNCH
09:50–10:20		EVA tagup ( <i>S-band</i> )
10:20–11:00	FE-2	Maintenance of COЖ
10:20–10:30	FE-1	Off-day LAB payload status check
10:30–10:35	CDR, FE-1	ORLAN dryout / <i>ORLAN Ops, item 3.3, page 3-3</i>
10:35–10:40	FE-1	EMU fan battery charge (term)
10:40–11:10		EMU fan battery charge (closeout ops)
10:40–11:20	CDR	Pulmonary Function in Flight (PuFF): standard test
11:10–11:25	FE-1	Private medical conference ( <i>S-band</i> )
11:20–12:20	CDR, FE-2	Prep of ORLAN ORUs, auxiliary equipment and personal gear. Tagup w/ ORLAN specialist ( <i>S-band</i> ) / <i>r/g 4092</i>
11:25–12:25	FE-1	Physical exercise (CEVIS)
12:20–13:20	FE-2	Physical exercise (TVIS-1)
12:30–12:40	CDR, FE-1	ORLAN dryout / <i>ORLAN Ops, item 3.3, page 3-3</i>
12:40–13:10	FE-1	Pulmonary Function in Flight (PuFF) и GASMAP HRF- откл. пит. и укладка
12:45–13:00	CDR	Private medical conference ( <i>S-band</i> )
13:00–13:30		Daily food prep
13:20–13:30	FE-2	
13:30–14:00		DINNER
14:00–15:00		Pre-sleep
15:00–23:30		SLEEP

**Note:**

See OSTP for references to US activities

There is no scheduled crew wakeup time. Crew will sleep as long as they find necessary.

End of radiogram